

The Scribe



"Ekin
Eta
Jarral"

University of Bridgeport

Vol. 8 No. 6

November 3, 1988

Medical Insider: The Process of Digestion

by Fernando-Prud Homme

Many of us eat everyday and don't even consider what we eat. By this is meant that a growing boy can eat a bag of chips, soda, and a sneaker bar and not think anything about it. Sure it gives him energy to do many things, but what if this is eaten constantly? How would the body use all this energy? Suppose he was to eat a good dinner that evening, what process of digestion would the body undergo?

This is the aim of discussion this week. The digestion and absorption of nutrients, and where they go in the body. This is lengthy to cover and harder to follow on a scientific level, so bear with me. First we'll deal with the physiology of the stomach. The stomach is divided into four sections; the Fundic region, the Cardiac region, Body region, and the Pyloric region. The Fundic region enlarges the Cardiac portion. The Fundic region is also located at the top portion of the stomach and receives food from the esophagus. The Fundic is a place for temporary

storage as well. The Body region is the most active and largest portion. All digestive activities take place here. The Pyloric region becomes narrow and forms the Pyloric canal as it merges with the small intestines. The distal portion of the Pyloric canal becomes thicker and forms a powerful circular muscle called the Pylorus (Pyloric Sphincter). This valve opens and closes, preventing in certain instances backflows of foods and other substances back into the stomach. In the body region is where the gastric secretions evolve from; these secretions ooze down from small depressions within the thick stomach walls. These small openings or depressions are called gastric pits, which constitute of the Gastric glands. The Gastric glands are responsible for secreting hydrochloric acids and digestive enzymes. These digestive enzymes and hydrochloric acids, along with other secretions, are what we call the Gastric juices. Food in the stomach is digested or broken down considerably before it enters the small intestine.

Parasympathetic nerve impulses stimulate secretions of gastric juices (HCL+pepsin). These impulses also stimulate stomach cells to secrete a hormone called Gastrin. This increases secretory activities. At this point the food enters the small intestines and stimulate the intestinal walls to release a hormone. This hormone, however, is poorly understood; many texts, researchers, and professionals in the field of Gastroenterology believe it parallels with the functions of Gastrin. However, as food moves into the small intestines, the secretion of gastric juices in our stomachs discontinue (since the food has left the stomach to enter the small intestine). Again, the researchers and authors of my sources demonstrate uncertainty on how gastric juices actually stop altogether. They suggest it's due to sympathetic nerve impulses that are stimulated due to the presence of acid substances at the frontier opening of the small intestines. If lots of fatty foods are eaten, it is in this stage of

digestion that the small intestine secrete a hormone called Cholecystokinin which comes into play by breaking down this fat. This creates a slowdown of gastric juice motility as food accumulates in the small intestine.

Although the main function of the stomach is to create surface area for digestion, and temporary storage of food, some absorption does occur (to a minimal degree) for example some small amounts of glucose, water, certain salts, alcohol, and various lipid-soluble drugs may be absorbed. The rest of the stomach's food contents then enter the small intestines as a form of Chyme (a paste of food particles, semifluids, mucus, and gastric secretions). However, the rate of mobility for the Chyme's entrance into the small intestines is usually influenced by the type of food present. Normally liquids (like soups, grandma's secret stews, and so on) pass through the stomach quite rapidly. Solids, though, remain in the stomach

until they are mixed with gastric juices and the food's specific digestive properties. For example fatty foods (like the fat portion of a steak) will remain in the stomach for three to six hours, carbohydrates one to three hours, and proteins probably two to four hours (note: Carbohydrates pass much more quickly than either proteins or fats).

In the small intestines, however, specific digestion of food nutrients and total absorption of them occurs here. The physiology of the small intestines is broken into three sections; the Duodenum, Jejunum, and the Ileum. These three sections finish or begin the digestion process of all the food nutrients with the aid of the Pancreas, the Liver, and the Gallbladder.

The Pancreas secretes Carbohydrate-digesting enzymes called pancreatic amylase. It breaks down

Continued Next Week.

Notes From...

There are important things happening at the Educational Development Center in Ingleside Hall this week; in particular, in the Career Services area where on-campus recruitment has begun.

Reminder of hours for Educational Development Center (Career, Advising and Counseling Services) are Monday through Friday, 8:30 a.m. to 4:30 p.m. and on Tuesday, until 8:00 p.m.

Career Services

Attention seniors: Have you consulted the on-campus recruiting schedule? What are you waiting for? Come over to Ingleside Hall and review the list of on-campus recruiters and sign up to interview with the ones you are interested in. Bring a copy of your resume to leave for the recruiters. (If you haven't completed your resume, continue reading).

Resume Writing Workshops are being offered weekly in Career Services (Ingleside Hall). Understand why you need to continue reading? You should sign up in advance, phone 4453 or walk-in, as

space is limited to 8 people. The upcoming days and times are:

Wednesday, November 9, 10-11 a.m.; Wednesday, November 16, 10-11 a.m.

Don't forget to utilize the Career Services Library for resources on career planning. We have full-time/part-time job listings for off campus as well as free publications such as Black Collegian, Business Week, Equal Opportunity Bulletins, GMAT, LSAT and GRE announcements. SIGI PLUS which is a computerized career exploration and is for all students is also located in the Career Services Library. The Career Services Library is open on Tuesday evenings 5-8 p.m. in addition to all regular office hours.

If you'd like to plan ahead—on January 10 and 11, 1989 the Career Trak '89 College Recruiting Conference is scheduled to be held at the Sheraton Center in New York City. Career Trak offers seniors the opportunity to meet with employers from more than 50 companies. (At Career Trak '88, 1 in 3 attending seniors



INGLESIDE HALL

received at least one job offer from the attending employers). The resume/application deadline is November 20, 1988. For more information, stop by Career Services, Ingleside Hall, and pick up the brochure.

Advising Services

Very important announcement for freshmen: If you have not received your copy of the Advisee Academic Record, you must come by Ingleside Hall to pick it up. The records are being distributed through the University 101X classes; so if you are not enrolled in that class, it is extremely important that you stop by Ingleside Hall. The record can be picked up in Ingleside after 1:00 p.m., Monday through Friday. Ask for Joanne when you stop by.

Homecoming At UB Scheduled

Homecoming events at the University of Bridgeport are scheduled for Nov. 5, 10-11:30 p.m. Parents' Weekend at UB is planned for Nov. 5-6, all day both days. Alumni and parents of current and prospective UB students are invited to any and all events listed below:

Homecoming Events

November 5, Saturday:

3-6 p.m.: Registration, John J. Cox Student Center.

3-4 p.m.: Campus tours, Leaving from Cox Student Center every half hour.

3-5 p.m.: Tennis, racquetball, swimming (showers, lockers available); Wheeler Recreation Center, University Avenue.

3-6 p.m.: UB Nostalgia and Yearbooks showing Cox Student Center.

4:30-6 p.m.: Cocktail receptions, includes special receptions for Classes of '63, '68, and '78; Cox Student Center.

6-8 p.m.: Oldies Record Hop, Cox Student Center cafeteria.

8:30 p.m.: The World Famous "Flying Karamazov Brothers", juggling, acrobatics, crazy antics and general good time; Bernhard Center, University Avenue.

Parents' Weekend events,

10 a.m.: Registration, Cox

Student Center.

10 a.m.-4 p.m.: Campus open to all visitors, tours, all day.

12 noon: Parents, students, luncheon w/President Greenwood, Cox Student Center. RSVP required. \$7 person.

Dinner: Off campus with sons and daughters.

8:30 p.m.: Special Celebration, "Flying Karamazov Brothers", Bernhard Center, University Ave. RSVP required. Tickets \$12 in advance.

Parents' Weekend events continue, Nov. 5, Sunday:

10 a.m.-3 p.m.: UB Open House all day. Meet with Deans, student leaders. Dorm Decorating Contest.

3-4 p.m.: Farewell Reception. Bernhard Center, DuPont Tower Room. Sponsored by Parents' Association, Awards for winners of Dorm Decorating Contest.

Special hotel arrangements may be made at the Bridgeport Hilton, (203) 366-5421, or Days Inn, (203) 334-1234.

For more information and to RSVP for Homecoming, call (203) 576-4509. For information on Parents' Weekend, call (203) 576-4516.

EDITORIAL

Ekin Eta Jarrai: Part III

As the final edition of last semester's *Scribe* went to press, I had time to reflect upon what Justine Talsky and myself accomplished as Co-Managing Editors. I was proud of the issues we and our staff published each week, and I felt confident that our successor, Lori Melzak, would continue to guide the paper with the steady hand it required. When Lori informed me early this year that she would be unable to assume her appointed position, I could have hardly imagined what would soon follow.

Foremost, I must respond to the multitude of inaccuracies and unsubstantiated allegations found in the letter to the editor, "The Truth of the Matter," written by Shani Felice Darby and Keisha F. Frye. I am curious however as to why Mr. Wallace Southerland III did not add his name to the letter, considering that every argument is one in which he has consistently spoken upon. First they state, "the small staff refuses to recognize and respect students as official staff members. Instead they are referred to as extras." This is only one of many points that could not be further from the truth. When I was editor, we welcomed anyone to join the staff and write articles. In fact, many people's names were immediately placed within the staff box to encourage them to continue

writing. Perhaps you ladies are referring to the fact that neither one of you were appointed to an editorial position because it was your first meeting and there were already many returning staff members more qualified to fill those positions.

Next, Ms. Darby and Ms. Frye emphasize Mr. Southerland's point that "there is nothing in the *Scribe* for the average minority student," and "the *Scribe* in a subtle way is geared towards a white majority." As a newspaper, the *Scribe* is classified as a mass media publication. In short, this means the paper does not cater to either whites, blacks, or any minorities, it simply reports the news. Two weeks ago, the *Scribe* featured stories on the engineering school and the campus tv station. Apparently, Ms. Darby and Ms. Frye would have us believe there are no blacks students in the engineering college or involved with WUBC. Furthermore, the *Scribe* at times has gone out of its way to do special interest stories. For example, the November 5th issue of last year (Vol. 7 No. 7), devoted the entire front page and editorial section to the anniversary of Dr. Martin Luther King Jr. receiving an honorary degree from this university.

Thirdly, Ms. Darby and Ms. Frye once again emphasize another point of Mr. Southerland's that "the *Scribe* is manipulated and dominated by a clique of students." No doubt Mr. Southerland feels this way because six people, including myself, managed to succeed where he is failing. Simply because the returning staff knows procedures and he doesn't, is no excuse to accuse us of dominating the paper. We are always willing to share our knowledge with new staff members and explain to them the procedures we follow. The only reason Mr. Southerland's lengthy packet of "The New *Scribe*" procedures were rejected, was because it was structured to fit a large staff. Simply put, it is impractical to have so many departments and procedures when there are barely enough people to print a paper each week. In addition, Ms. Darby and Ms. Frye were in such a rush to praise "Dr." Southerland, that they inadvertently con-

demned him along with most of the staff. It was Mr. Southerland who "threw up" the raggedy flyers, and might I point out that *Scribe* Notes have nothing to do with recruitment, rather they inform people how copy should be submitted.

Also, I fail to understand why such an issue is being made over the *Scribes* governing document. It was never used to "oust Southerland" as implied, rather it was consulted so that a decision could be made between the two candidates for the position of Managing Editor. Abiding by the document, a seven member Publications Governing Board, consisting of three students on staff, myself, and three faculty members were reconvened to interview and vote on both candidates. As with all of their points, they are unaware of most of the facts. The student members of the PGB were appointed for a two year term at the beginning of Spring Semester last year, long before the name Wallace Southerland was known to any of us. Therefore, we were not hurriedly appointed to vote Mr. Southerland out as editor, and there was no powerplay between the *Scribe* and Student Council to do so.

Another issue that Mr. Darby and Ms. Frye address is the so called "unjust treatment of Wallace Southerland III, who is viewed by many as highly controversial." They further add, "unlike Miss Lepesqueur, we have engaged in thorough research." I was not aware that thorough research consisted of speaking solely to Mr. Southerland, and it is he who views himself as highly controversial. If he has received any unjust treatment, it is because he has done his best to alienate anyone associated with the paper. The remainder of the letter appears to be an advertisement for Mr. Southerland. Quoting such people as the Mayor of Washington and organizations like the Smithsonian Institute, I'm wondering when Mr. Southerland will announce his candidacy for president.

Lastly, the letter concludes with a profound statement. "The *Scribe* needs Southerland's bold leadership, but it doesn't deserve it." Finally, I can agree on a point with Ms. Darby and Ms. Frye, the *Scribe* doesn't

deserve Mr. Southerland's leadership. To prove my point, let's examine what's happened since Mr. Southerland has been appointed temporary Managing Editor for the semester.

Using last week's issue (October 27th, 1988) as an example, there are many obvious faults which present themselves. The least of which is the deplorable, and journalistically corrupt printing of Mr. Southerland's own picture and a story about himself on the front page. Never before have I witnessed such abuse of power and ethics so twisted that he actually believes it was the proper thing to do. I don't think words can convey how disgusted I was to see this.

In the article, Mr. Southerland continues to exploit issues which should be kept within the confines of the *Scribe* office. One of his responses explains the cause of all the tension between himself and the staff, is due to "crashing our party" and "breaking up the clique of students who were manipulating and dominating the paper." I've never seen anyone beat a dead horse as much as he has. A question about his perception of the paper before he became involved with it had him responding that the paper "was no better than the National Enquirer... and we all know what type of trash the Enquirer is." I take great offense to having the issues my staff and I worked on last semester referred to as trash. In fact, so many students and administrators were pleased with the quality of last semester's paper, that the entire staff received Quality of Life Awards for reviving the *Scribe*. As Co-Managing Editor, I received two, one from the Dean of Student Life, and the other from the Director of Student Activities. I doubt Mr. Southerland can make this claim.

Another point Mr. Southerland makes is the *Scribe* made no serious efforts to recruit new students, this was hardly the case. There was not a single issue last semester that did not invite all interested students to come to *Scribe* staff meetings. Not only has Mr. Southerland failed to do at least that much, but he can offer no suggestions that have

not already been attempted in the past. Turning to page six, because the article was too long to fit on the front page, I found a response to the accusation that he has been called a dictator. To my knowledge, the only person who ever called Mr. Southerland a dictator was himself.

Last, but not least, there was an entire account of Mr. Southerland's life since high school. Citing various achievements and associations with respected members of society such as Coretta Scott King, Jesse Jackson Jr. and family, and Oprah Winfrey, Mr. Southerland adds one final attack on the *Scribe*. He states his mission this year is "to lead the *Scribe* out of its abyss of nothingness and shame and up the path of integrity, dignity and respect." Until Mr. Southerland had become involved with the paper, we had regained much of the integrity, dignity, and respect that was lost over the years of neglect. Mr. Southerland must be referring to the current situation that he alone has placed the paper in. Indeed, we are once again in an abyss of nothingness and shame. It's still hard to comprehend how so much damage could be inflicted by one person in only five issues.

Except for the opinion section, the rest of last week's edition was a waste of the paper it was printed on. Where is the logic in placing an entire page full of ads, unevenly spaced, before the News or Arts page. The Sports page was the biggest waste of space that I can recall in the past three consecutive semesters, it consisted of barely more than a huge ad and a few upcoming sporting events. As for the Arts page, it was revolting. Stories about Beastiality in the Dorms and how to play malicious and dangerous tricks on your roommate were unforgivable. Is this what Mr. Southerland means by one Hell-of-a-paper? I also took great offense to the staff box which has finally been printed. Most of the people in it have resigned, and others like Mr. Gabe Sasso, who appears to have leant his name to the byline for the front page article, replaced people who were doing good work.

Continued on Following Page

The Scribe

Publisher:

The University of Bridgeport

Managing Editor:

Wallace Southerland III

News Editor:

Renee F. Brissette

Arts & Entertainment Editor:

Gabe Sasso

Layout Editor:

Stewart Altschuler

Ad Manager:

Jonathan Silberg

Photo Editor:

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Sports Editor:

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Copy Editor:

Priscilla Hull

Advisors:

Kevyn Arthur

Ruth Ann Baumgartner

Ken Catandella

Fred Lapidus

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Letters submitted and printed in the "Letters to the Editor" section of *The Scribe* do not reflect in any way the opinions or attitudes of the *Scribe* publisher, editorial board or other staff members. *The Scribe* reserves the right to edit all letters. Letters must be free of libel.

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EDITORIAL

I'm sure Mr. Southerland would deny any connection between his scripted interview and the fact that the person who supposedly wrote the questions was appointed Arts and Entertainment editor.

In addition, four advisors of Mr. Southerland's choosing are also listed. This strikes me as odd considering the governing document makes provisions for only one advisor. The only purpose they seem to serve is to be there when Mr. Southerland needs a constitution. I have yet to see them at any staff meeting since the first, and they are not fulfilling their responsibilities. Also, I took note of the fact that Mr. Southerland listed no staff writers or photographers.

As if the layout of last week's issue weren't bad enough, there is no excuse for important university information to be left out of the paper. I should know, considering any available material to be printed is placed in my box as Layout Editor. Mr. Southerland is also failing to publicize upcoming campus activities as well as cover campus events such as Sam Kinison and the annual

Halloween Mixer. If an event is covered, it is usually printed several weeks after the fact, and there are never any pictures to accompany the story due to the lack of photo supplies which is Mr. Southerland's responsibility to purchase. He has gone so far as to suggest at last Tuesday's staff meeting, that he would take back the photo editor's key to the darkroom because there was no reason for her to be in there. He further intimidated the editorial staff by making insinuations that he would place other people in our positions and that we would work under them. Is this Mr. Southerland's idea of working with the existing staff?

It seems to be that Mr. Southerland is placing more emphasis on the managing part of the job than the editing. Every week there are new documents and guidelines, but there is NO front page, NO weekly stipends, NO photo supplies, and NO office equipment such as an answering machine. The only thing there is, is an abundance of resignations. So it would appear Mr.

Southerland is as inept at managing the Scribe as he is at editing it. For example, vast amounts of advertising revenue are being lost each week because pre-paid ads are being excluded and advertising contracts are being cancelled because they are not fulfilled. Yet Mr. Southerland continues to close his eyes to the overwhelming facts.

He has been no more successful in recruiting new staff members than any of his predecessors. Bills are not being paid, revenue is going uncollected, photo supplies have not been obtained, stories are not covered and the staff continues to shrink. There was a staff already in place and ready to work until he alienated them by implying they were racist because he is black and we did not accept him or minorities on the paper. Mr. Southerland has been rejected only because he is neglecting his responsibilities and he continues to attack the people he works with. I feel Mr. Southerland is practicing a form of racial discrimination himself, that of blacks against whites. I have

many black friends and have had many regular copy submissions from minorities throughout last semester.

It is clear that Mr. Southerland's only motivation to manage the Scribe was to further the list of "accomplishments" on his resume. I am calling for his immediate resignation from the position of Temporary Managing Editor. I ask that if he fails to do so, administration will not back down due to racist overtones, and remove him from his position on the grounds of neglect of duty. Just because the governing document allows a person to be named editor for a semester, does not mean it should be done because there are no other applications. I attended the Publications Governing Board meeting where it was decided that within three weeks new applications would be accepted and voted upon. This decision was summarily altered by a non-voting administration member of the board. As I understand it, NO new applications will be accepted or voted upon until January of next year when a

new PGB board can be appointed. This means Mr. Southerland will continue in his position for the next seven weeks.

This farce has gone on long enough. If after reading this editorial or this week's issue (which Mr. Southerland laid out once again), you find yourself as disgusted as I am, please help us. Write letters not to the editor, but to the Dean of Student Life, Dan Stracka; the Vice-President of Student Affairs, Jackie Benamati; or the President, Janet Greenwood; asking that Wallace Southerland be removed from office. Anyone interested in working on the Scribe or applying for Managing Editor, please do so. If you, the university community, do nothing and fail to use your powers and rights as students, this great injustice will continue to go unchallenged. As for myself, I still believe in the Scribe and will do anything and everything I can do to rebuild the tarnished reputation Mr. Southerland has afflicted upon all of us.

Stewart Altschuler
Former Managing Editor

OPINION

It's Time For A Change: Vote Democrat

To the Editor:

In response to the letter "Vote Republican" in the October 20th issue of the Scribe, we would like to express some of the views of the Democratic party. Along with clearing up these we would also like to clear up some misconceptions which are present.

First the tax issue, it is not surprising that the upper classes are the ones fearful of a tax adjustment. These are the people who have been receiving a tax break for the past eight years. According to the Washington Post 90 percent of the population has seen an average family income grow by less than the national average,

while the top 10% have experienced a 27.4 percent increase. The tax changes being offered will give the average family more breaks and the upper class less.

Second, the Republican party is trying to paint a very pretty picture of the economic status of the United States. The simple fact is that the United States is not in the stable economic state which they claim it is in. According to the Bridgeport Post, "The government reported Wednesday (Oct. 26) that the overall economy, as measured by the gross national product, rose at an annual rate of just 2.2 percent from July through September. It was the slowest

page in almost two years and followed GNP growth of 3.2 percent in the first half of 1988. Many economists believe this slowdown will continue over the next year, with the biggest question being whether growth will become so weak that it could topple the country into a recession."

The country is slowly crumbling on the inside due to neglect of important social issues, while billions of dollars are spent on defence. For example, after \$28 BILLION was spent on the B-1 Bomber program, it was found to be insufficient. There is no doubt in our minds that the defense of the U.S. is top priority, however, the idea of Star Wars

being perfected is unrealistic. In the event that it is perfected, a few trillion dollars down the line, it will only give the Soviet Union the opportunity to make another one of our defense systems obsolete. In other words spending trillions of tax payers dollars towards something that will never be effective.

It is time the tax payers money begins to be delegated towards other areas: the elderly, the homeless, the war against drugs, low income families, AIDS research, crimes and the Farming Ind. where it is needed desperately.

In order for this country to become stronger, both economically and defensively,

we need someone in the White House who is for ALL the people not just for the affluent. The idea of George Bush, a man who is undecided, running the country is a frightening thought. An even more frightening thought would be to have Dan Quayle in the Oval Office, which is a direct example of George Bush's ability to make decisions.

It is time for a change—Michael Dukakis is the person who has the ability to make the difference.

Sincerely,
Steven Curry
Carolyn Grassl

Bush/Southerland, There Is A Connection

To the Editor:

Your past actions over this semester are despicable to say the least. You have shown that one person can be totally up on oneself. First, I must say that your persistence is to be admired, however, your ignorance is also to be admired. I only state that you are ignorant because it was not the color of your skin, why the staff (including myself) did not want you to be Managing Editor, but because of your character. The person who is inside of you, in your question and answer period you state that you were labeled a dictator, for your information, this

title was self-created. It was upon your actions that this title was given. To go out and write a NEW charter for the Scribe is ludicrous. I have knowledge in Parliamentary procedure and I would not venture to write an entire Constitution of something that I had no prior knowledge in. In all fairness, I would have consulted with the past Editor. Another is creating this atmosphere of racial tension for nothing. Never before had I seen any one person using their color to get themselves a job. In my opinion, Dr. Martin Luther King, Jr. would have been disappointed to see this.

To see people fighting over color. I hope we all can join hands now and move forwards. Another concern of mine is the boasting you have done. Never before have I seen someone so high up on themselves. To boast one's self is to have a hardened heart. To put a picture on the front page and write your own questions and answers is an abuse of public information space. Also, may I inform you that your job title is Managing Editor not Editor in Chief. To be so pompous. There is nothing wrong with feeling good about your accomplishments, but you do not

have to publicize it to the entire campus.

Now getting to my title. It seems that you have much in common towards our great Vice-President. You both lack character and have a hell of a lot of animation. My suggestion is to take a humanity pill and come down to earth. Maybe I am being too critical, but I feel I'm being too honest. As to the old clique, it kept the Scribe printed. For the sake of argument let's define clique.

Clique: a narrow exclusive circle or group of persons; especially one held together by a common

interest. (Webster, 1986).

The "old" clique had one interest to print a newspaper. May I ask, "Where was Wallace?" If you had shown an interest, I am sure they would have used your work. In my opinion, your new clan is a clique, centered on a ploy for separation of color. Let me conclude that you have much to learn, especially if you are going to use the title Dr. It has more to do just babbling. May I say to you, be not proud nor haughty, yet be humble in spirit and manner.

David Fabrizio
Student of U.B.

